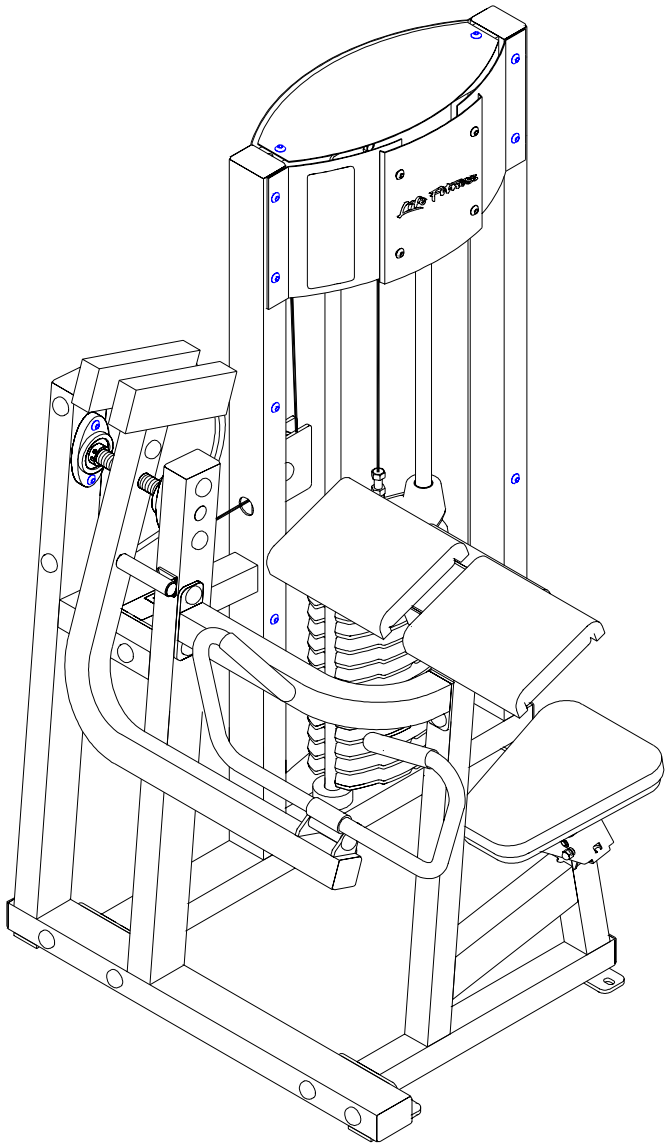
CLUB SERIES ARM CURL



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	68844xx	TOWER	1
1A	6908401	CABLE	1
1B	6714901	GUIDE ROD BUSHING	2
1C	6692601	END CAP 3 X 2	3
1D	3222801	4-1/2 PULLEY	3
1E	3102807	3/8 NYLOCK NUT	3
1F	6866701	3/8 RH WASHER	4
1G	6866601	CAP, BLACK	4
1H	6925801	KEEP CLEAR LABEL	1
1I	3102933	3/8-16 X 2 BOLT	1
1J	6480301	3/8 SPACER	4
1K	3102903	3/8-16 X 2.5 BOLT	2
1L	3102514	WASHER 3/8 FLAT	2
2	71641xx	ARM SUPPORT ASSY	1
3	68903xx	HANDLE ASSY	1
3A	6912001	HANDLE GRIP	2
4	71646xx	PIVOT ARM ASSY	1
5	68839xx	GUIDE ROD SUPPORT	1
6	68889xx	CAM SHROUD	1
7	68909xx	COUNTERBALANCE	1
8	71644xx	CROSS SUPPORT	1
9	71650xx	SEAT FRAME	1
9A	6911002	SEAT ADJ ASSY	1
9B	6912202	HINGE ASSY	1
9C	6897101	ADJUST PLATE	1
9D	6897001	ADJUST PLATE 15 POS	1
9E	3234301	BOLT	4
10	68888xx	4 X 18" PLATE	1
11	6925502	HEAD PLATE	1
12	3102901	3/8 X 1-1/4" BOLT	8
13	3102903	3/8 X 2-1/2" BOLT	3
14	3102922	3/8 X 2-3/4" BOLT	6

KEY	PART #	DESCRIPTION	QTY
15	3102942	3/8 X 3-1/2" BOLT	2
16	3102905	3/8 X 3-3/4" BOLT	4
17	3202404	3/8 X 3" BUTTON HEAD BOLT	4
18	3108406	3/8 X 3/4" FLAT HEAD BOLT	2
19	3102807	3/8" LOW HEIGHT LOCK NUT	20
20	3221501	3/8" ACORN NUT	1
21	3102514	3/8" SAE WASHER	25
22	3114502	3/8" LOCK WASHER	1
23	6866701	3/8" RH WASHER	43
24	3233502	1/2 X 3-1/4" SHOULDER BOLT	1
25	6020601	1/2" FLANGE BEARING	2
26	3203501	PILLOW BLOCK	2
27	6913801	WEIGHT STACK SELECTOR PIN	1
28	3108001	WEIGHT STACK CUSHION	2
29	6866601	BLACK RH CAP	4
30	3222001	1" SHAFT COLLAR	2
31	3116001	1-1/4" RUBBER BUMPER	1
32	6714901	GUIDE ROD BUSHING	2
33	6912801	ACCORDION SLEEVE	2
34	6937401	PLACARD LABEL	1
35	6941301	LANGUAGE PLACARD LABEL	1
36	6861902	TOP SHROUD	1
37	6926901	GUIDE ROD	2
38	6887202	10 LB. WEIGHT PLATE (STD)	15
39	6888402	15 LB. WEIGHT PLATE (OPT)	5
40	69132xx	ARM/CHEST PAD	3
41	69131xx	SEAT PAD	1
42	3230701	STARLOCK WASHER	4
43	6971601	WEIGHT STACK LABEL	1
44	6866602	WHITE RH CAP	39
OR	6866603	PLATINUM RH CAP	39

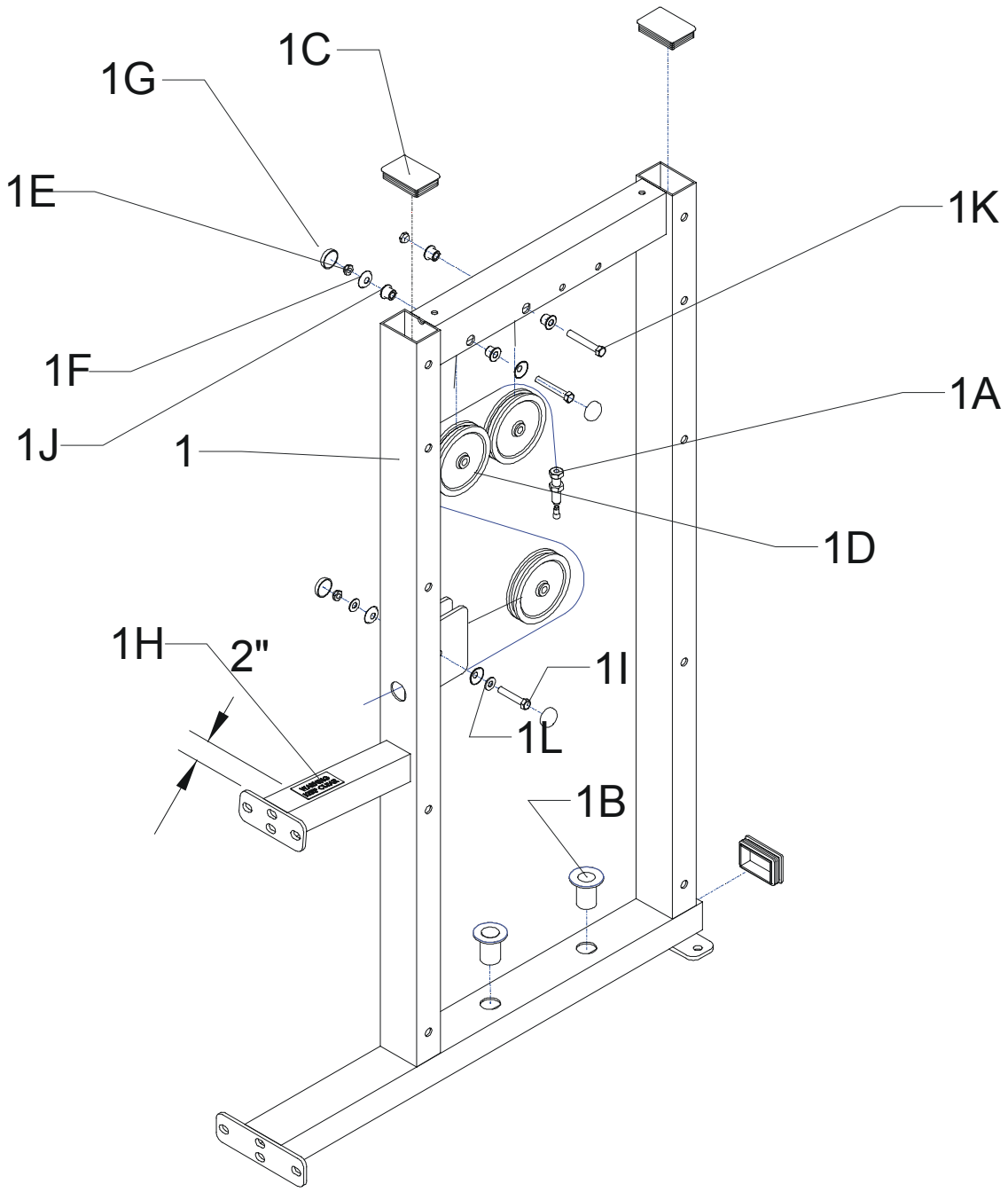
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

xxxxx07	**Denotes Platinum**
xxxxx08	**Denotes White**

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

Code Description
#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1C
1G
1E
1K
1F
1A
1J
1
1D
1H
2"
1I
1L
1B

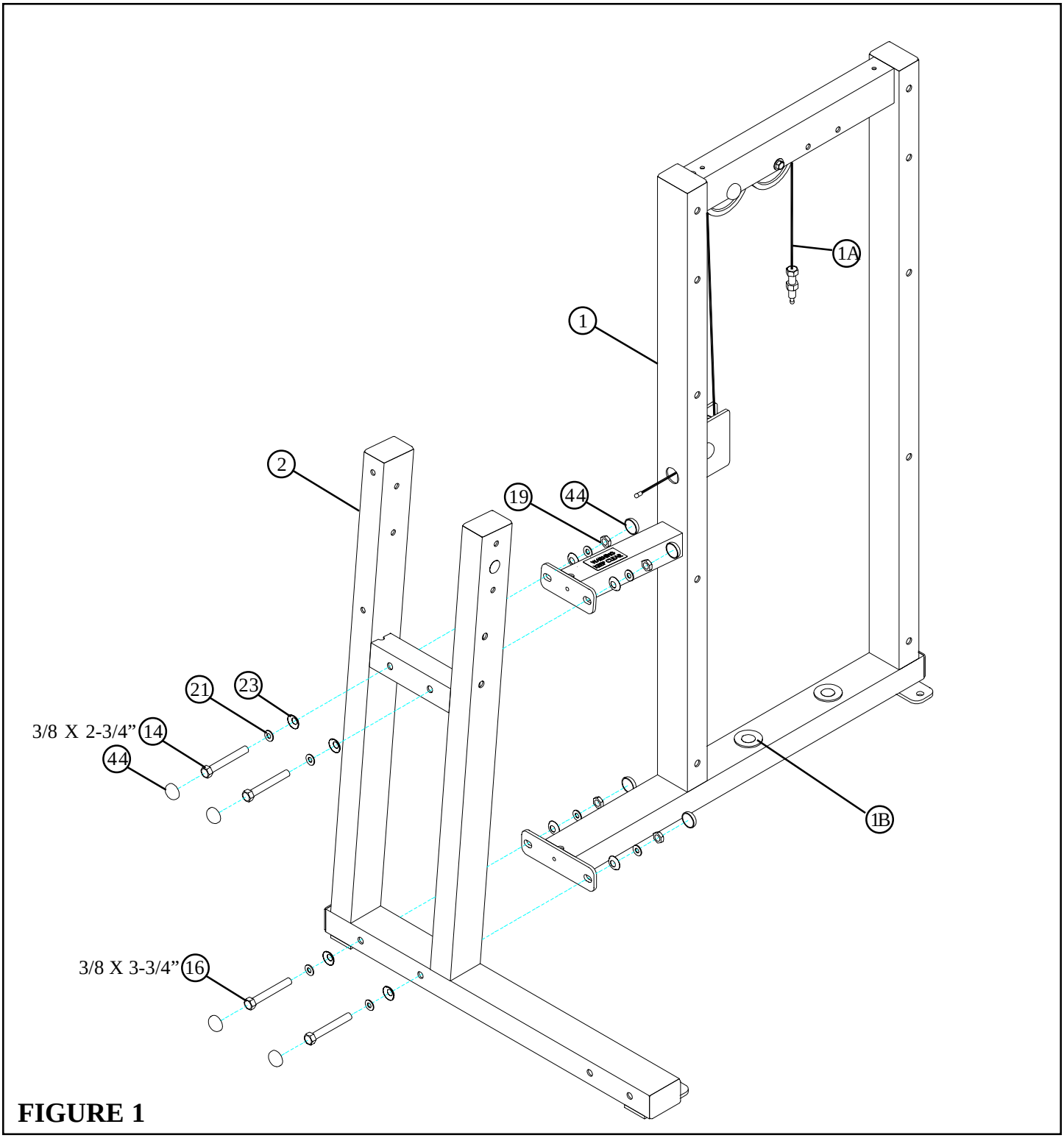
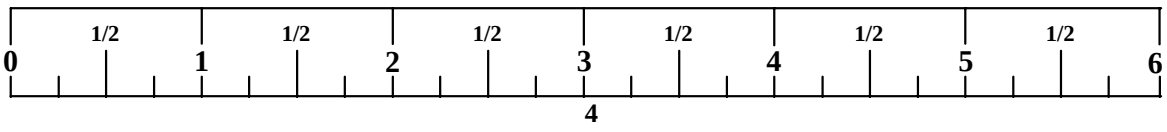


FIGURE 1

STEP 1:

- **LOOSELY** assemble the top of the ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (44), two 3/8 X 2-3/4” BOLTS (14), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (23) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.

- **LOOSELY** assemble the bottom of the ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (44), two 3/8 X 3-3/4” BOLTS (16), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (23) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.



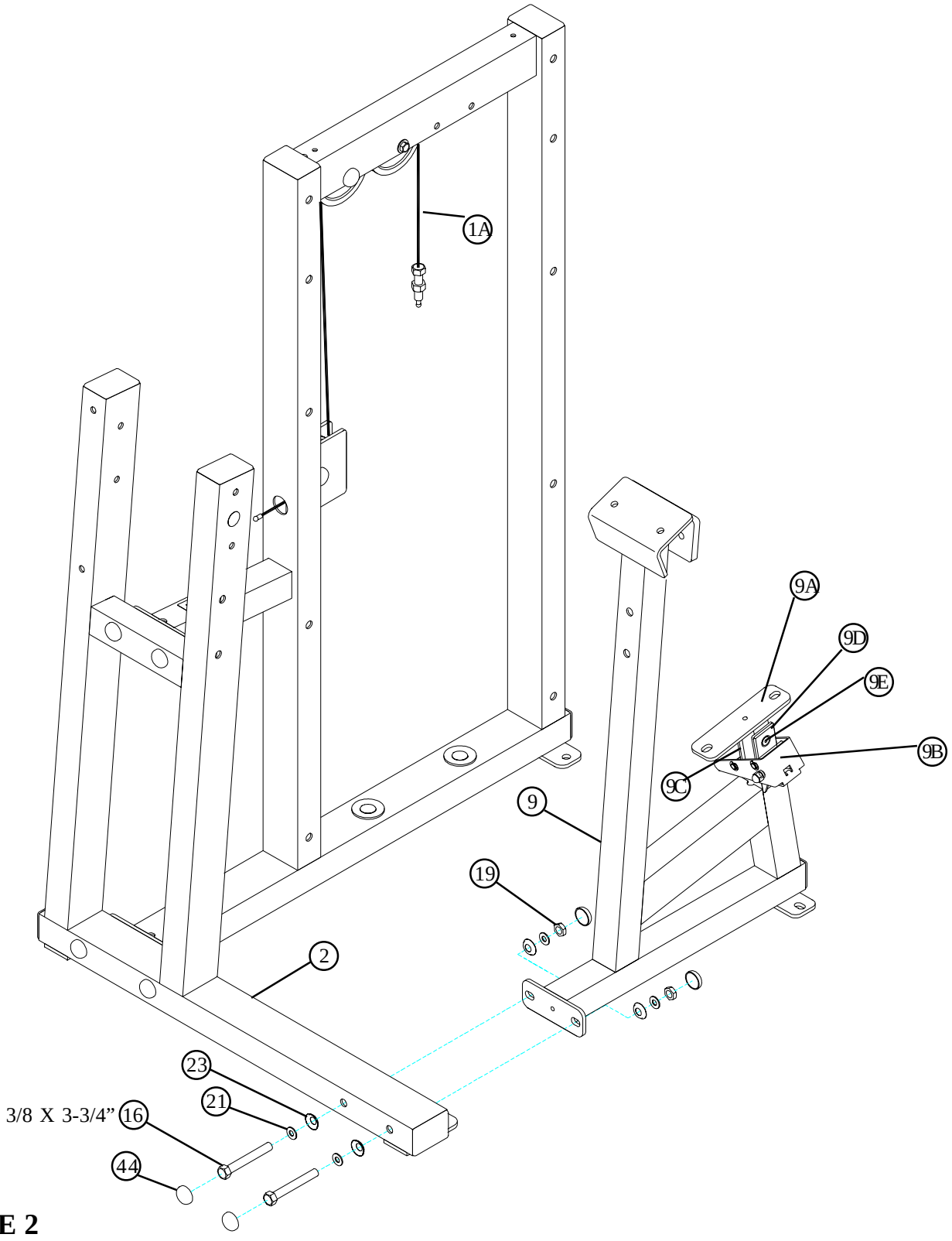


FIGURE 2

STEP 2:

- **LOOSELY** assemble the SEAT FRAME (9) to the ARM SUPPORT (2) using four RH CAPS (44), two 3/8 X 3-3/4" BOLTS (16), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (23), and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.

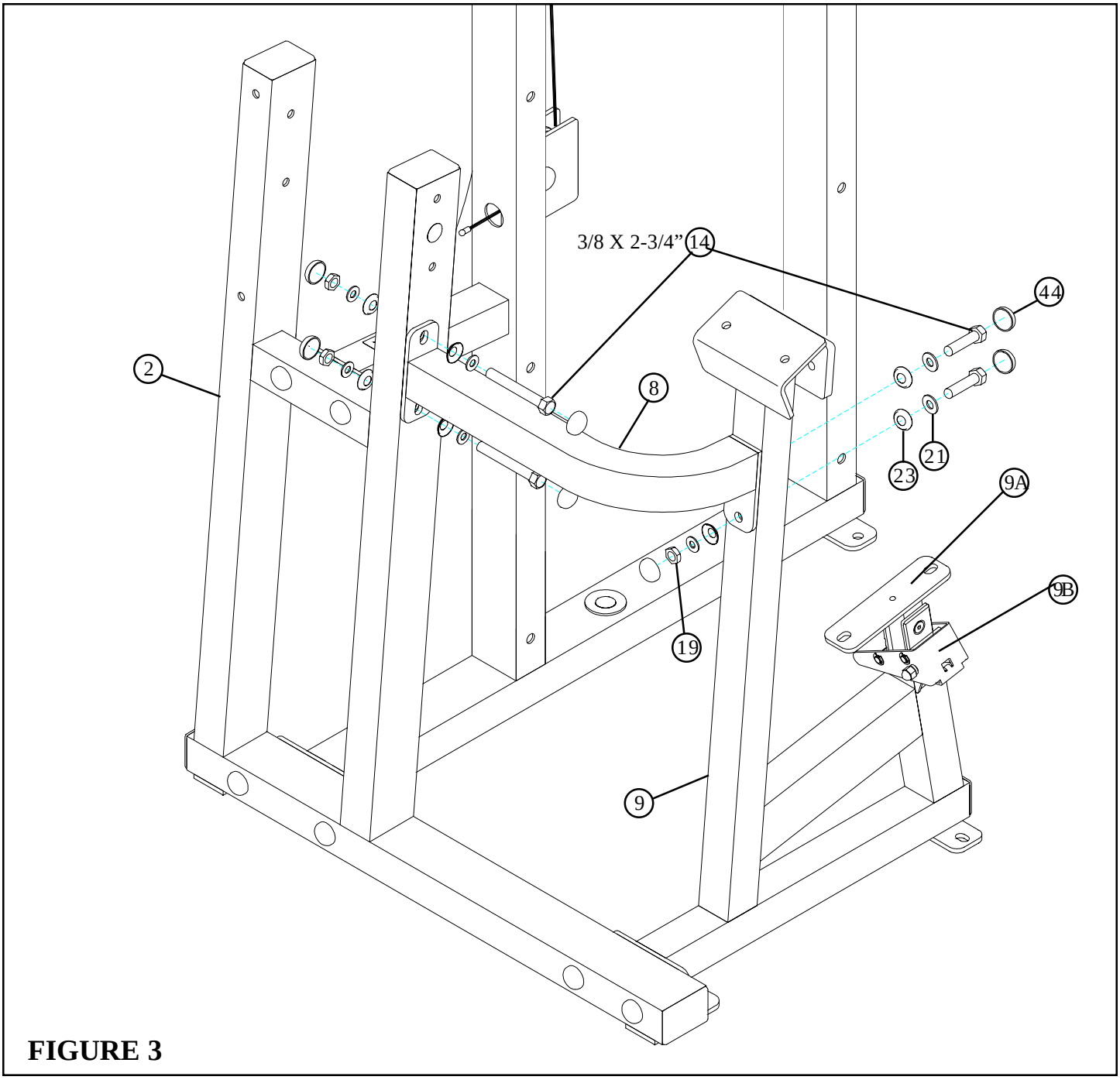
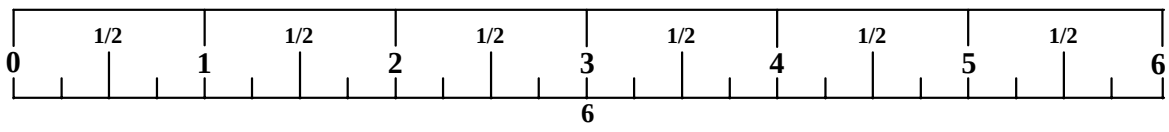


FIGURE 3

STEP 3:

- **LOOSELY** assemble the CROSS SUPPORT (8) to the ARM SUPPORT (2) and SEAT FRAME (9) using seven RH CAPS (44), four 3/8 X 2-3/4 BOLTS (14), seven 3/8” SAE WASHERS (21), seven 3/8” RH WASHERS (23) and three 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 3.
    - **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (44) over the RH WASHERS (23) on all tightened connections.**



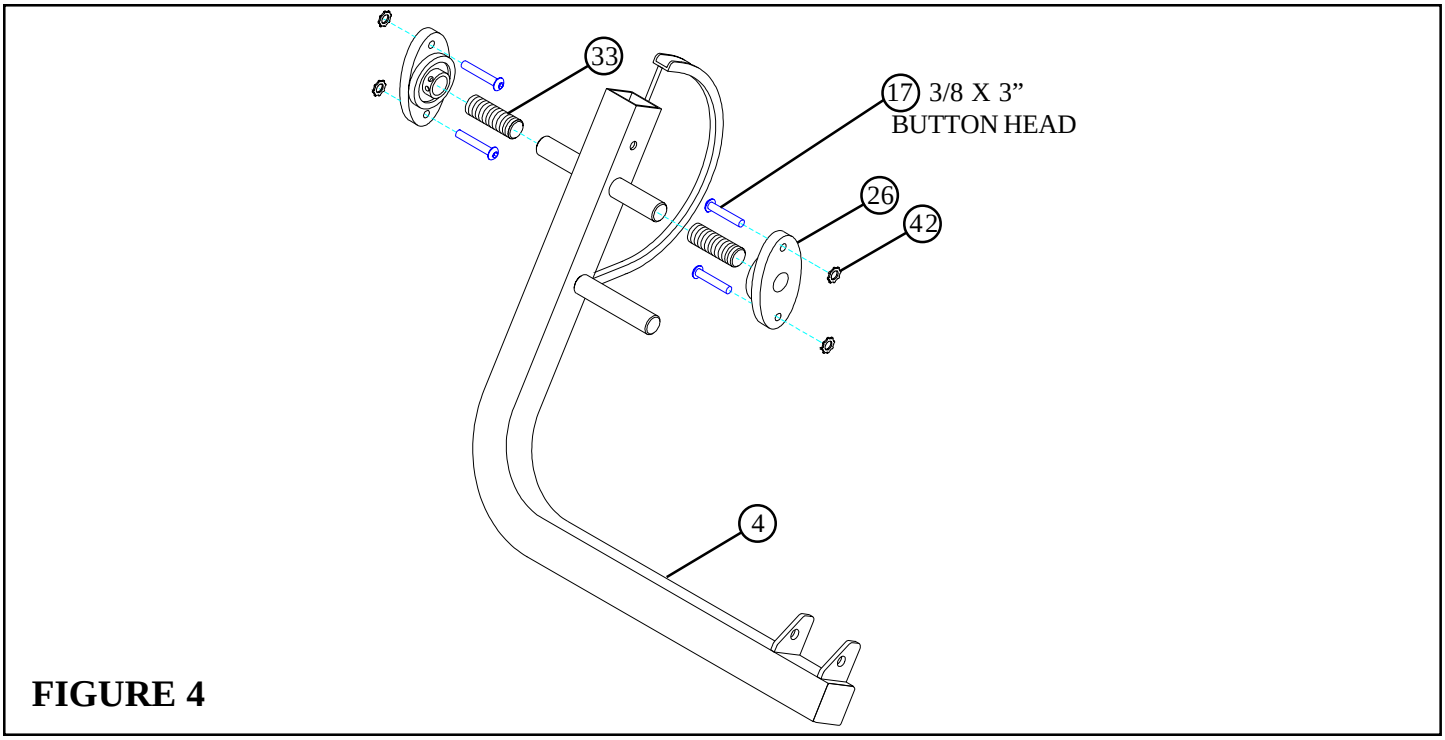


FIGURE 4

STEP 4

- Slide two ACCORDION SLEEVES (33) and two PILLOW BLOCKS (26) over the PIVOT ARM (4) as shown in FIGURE 4
- Assemble four 3/8 X 3” BUTTON HEAD CAP SCREWS (17) and four STARLOCK WASHERS (42) to the the PILLOW BLOCKS (26) as shown in FIGURE 4.

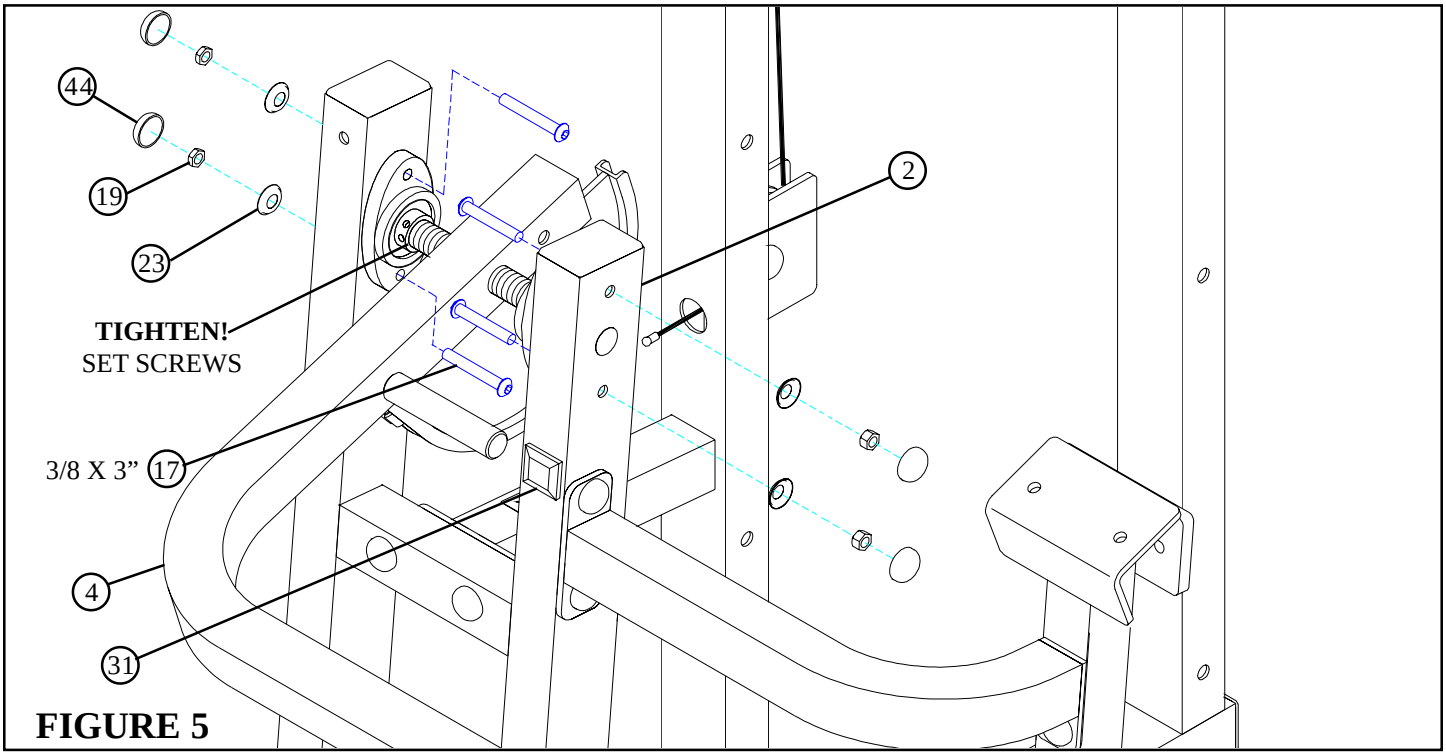


FIGURE 5

STEP 5:

- **SECURELY** assemble the PIVOT ARM (4) to the ARM SUPPORT (2) using four previously inserted 3/8 X 3” BUTTON HEAD CAP SCREWS (17), four RH WASHERS (23), four 3/8” LOW HEIGHT LOCK NUTS (19) and four RH CAPS (44) as shown.
- **IMPORTANT!** When PIVOT ARM (4) is centered and level in the PILLOW BLOCKS (26), tighten the PILLOW BLOCK set screws.
- Assemble one 1-1/4” RUBBER BUMPER (31) to the ARM SUPPORT (2) where the PIVOT ARM (4) shaft contacts tube.

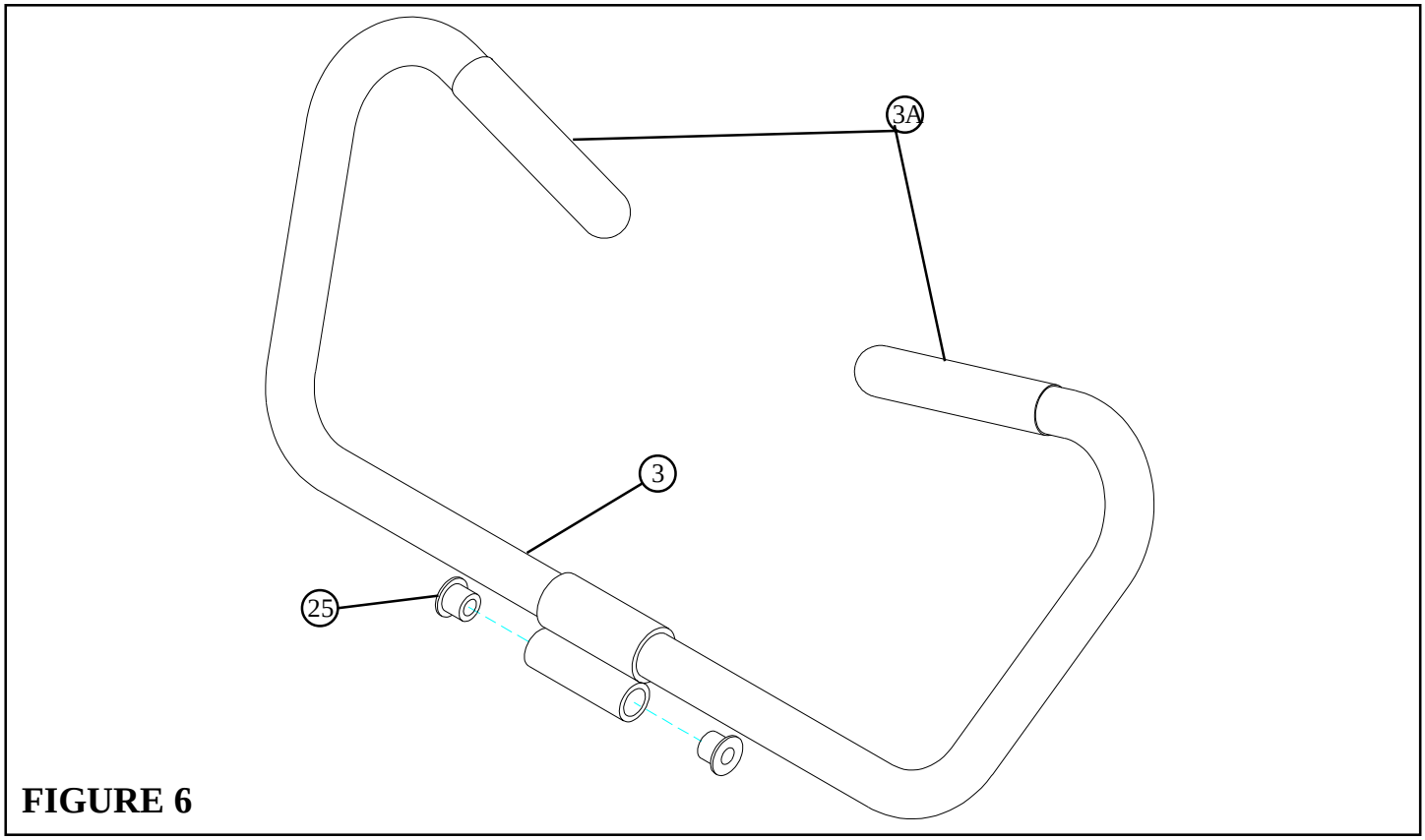


FIGURE 6

STEP 6:

- Insert two 1/2” FLANGE BEARINGS (25) into the HANDLE (3) as shown in FIGURE 6.

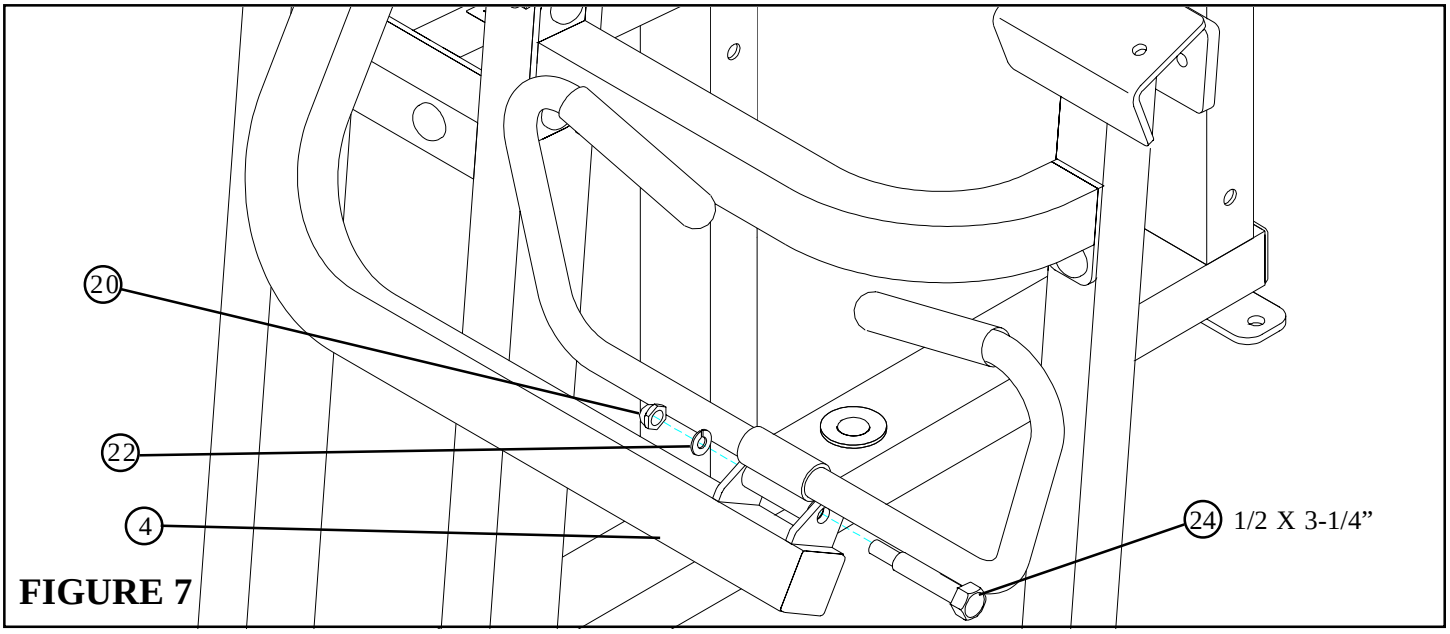
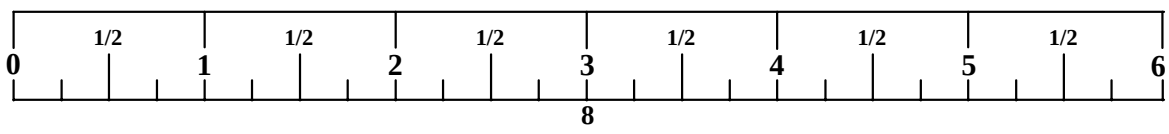


FIGURE 7

STEP 7:

- Assemble the HANDLE (3) to the PIVOT ARM (4) using one 1/2 X 3-1/4” SHOULDER BOLT (24), one 3/8” LOCK WASHER (22), and one 3/8” ACORN NUT (20) as shown in FIGURE 7. **(NOTE: TIghten enough to allow HANDLE to rotate freely.)**



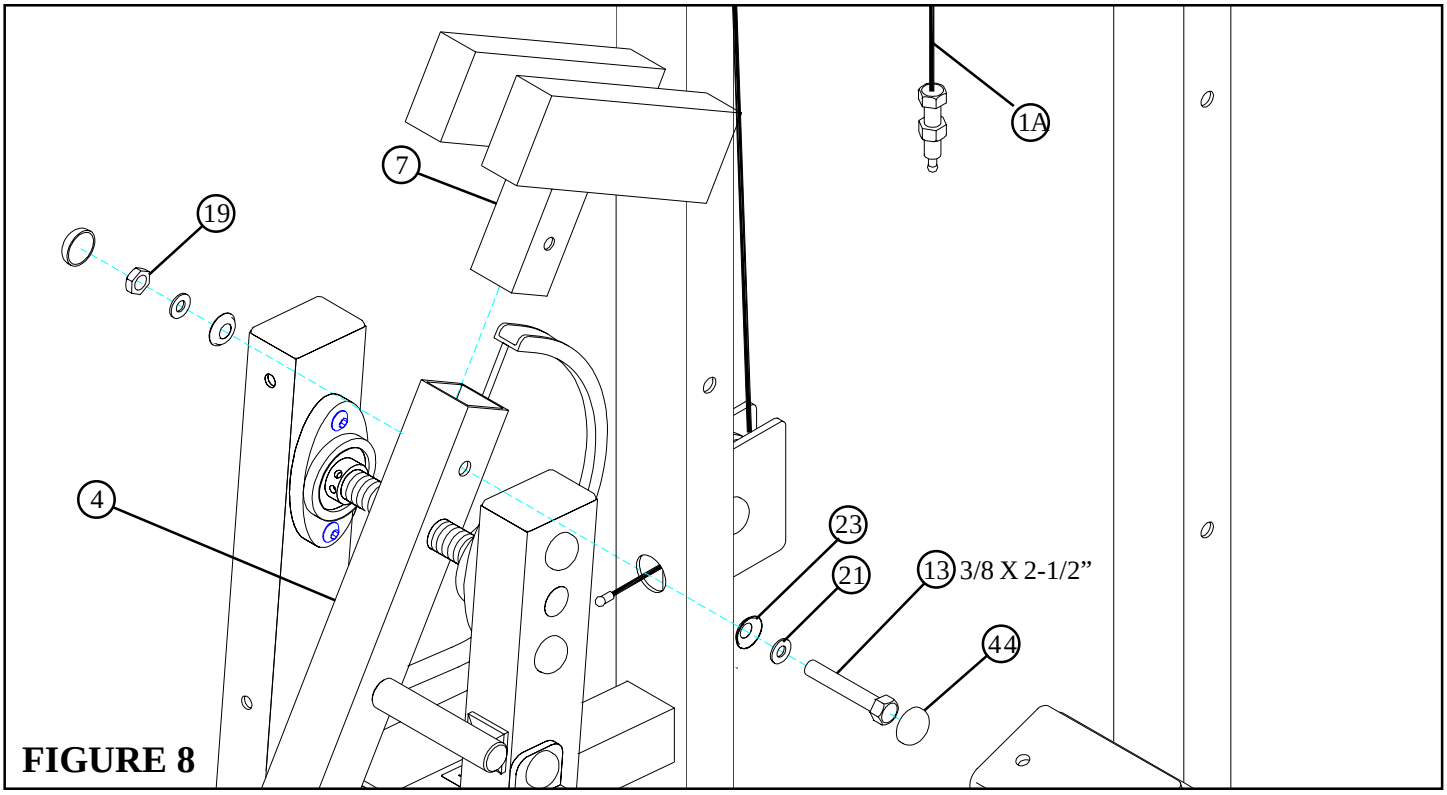


FIGURE 8

STEP 8:

- **SECURELY** assemble the COUNTERBALANCE (7) to the PIVOT ARM (4) using two RH CAPS (44), one 3/8 X 2-1/2” BOLT (13), two 3/8” SAE WASHERS (21), two 3/8” RH WASHERS (23) and one 3/8” LOW HEIGHT LOCK NUT (19) as shown in FIGURE 8.

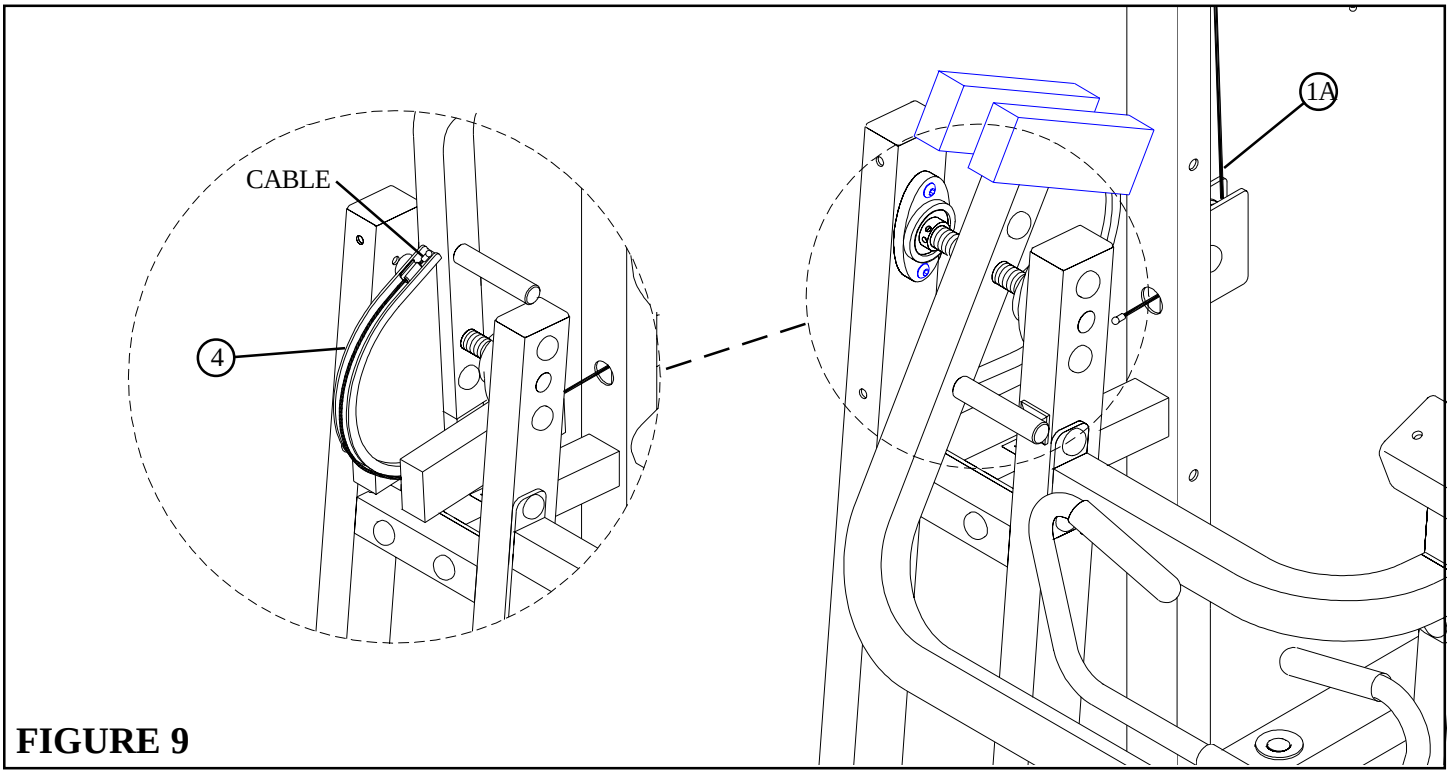


FIGURE 9

STEP 9:

- Slide the end of the CABLE into the bushing on the PIVOT ARM (4) as shown in FIGURE 9.

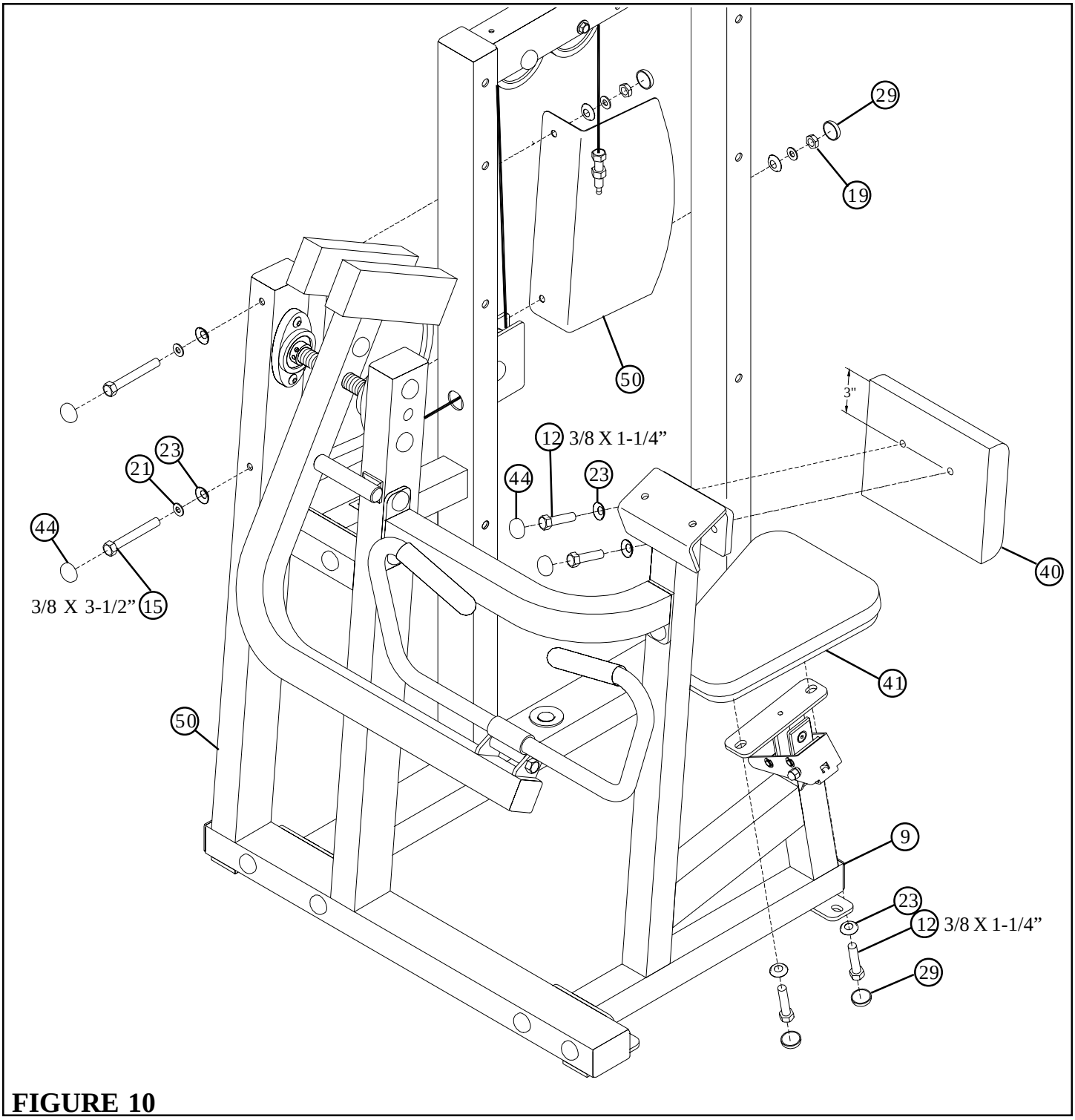
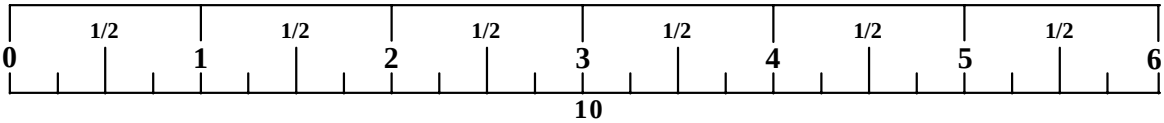


FIGURE 10

STEP 10:

- **SECURELY** assemble the CAM SHROUD (6) to the ARM SUPPORT (2) using two RH CAPS (44), two BLACK RH CAPS (29), two 3/8 X 3-1/2" BOLTS (15), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (23) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 10.
- **SECURELY** assemble the CHEST/ARM PAD (40) to the SEAT FRAME (9) using two RH CAPS (44), two 3/8 X 1-1/4" BOLTS (12) and two 3/8" RH WASHERS (23) as shown in FIGURE 10. **(Note the the direction of the hole pattern on pad.)**
- **SECURELY** assemble the SEAT PAD (41) to the seat post on the SEAT FRAME (9) using two BLACK RH CAPS (29), two 3/8 X 1-1/4" BOLTS (12) and two 3/8" RH WASHERS (23) as shown in FIGURE 10.



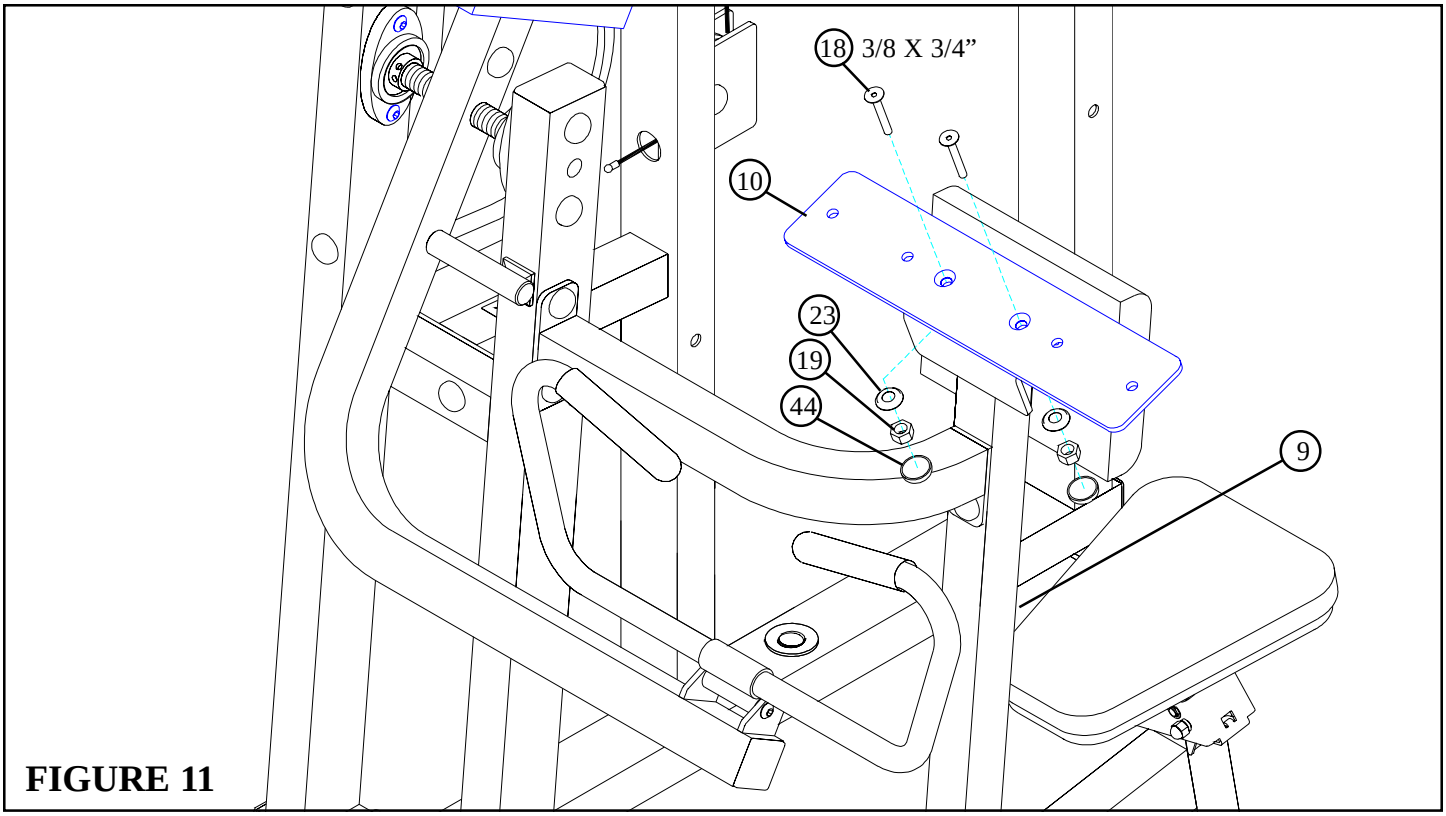


FIGURE 11

STEP 11:

- **SECURELY** assemble the 4 X 18” PLATE (10) to the SEAT FRAME (9) using two 3/8 X 3/4” FLAT HEAD BOLTS (18), two 3/8” RH WASHERS (23), two 3/8” LOW HEIGHT LOCK NUTS (19) and two 3/8” RH CAPS (44) as shown in FIGURE 11.

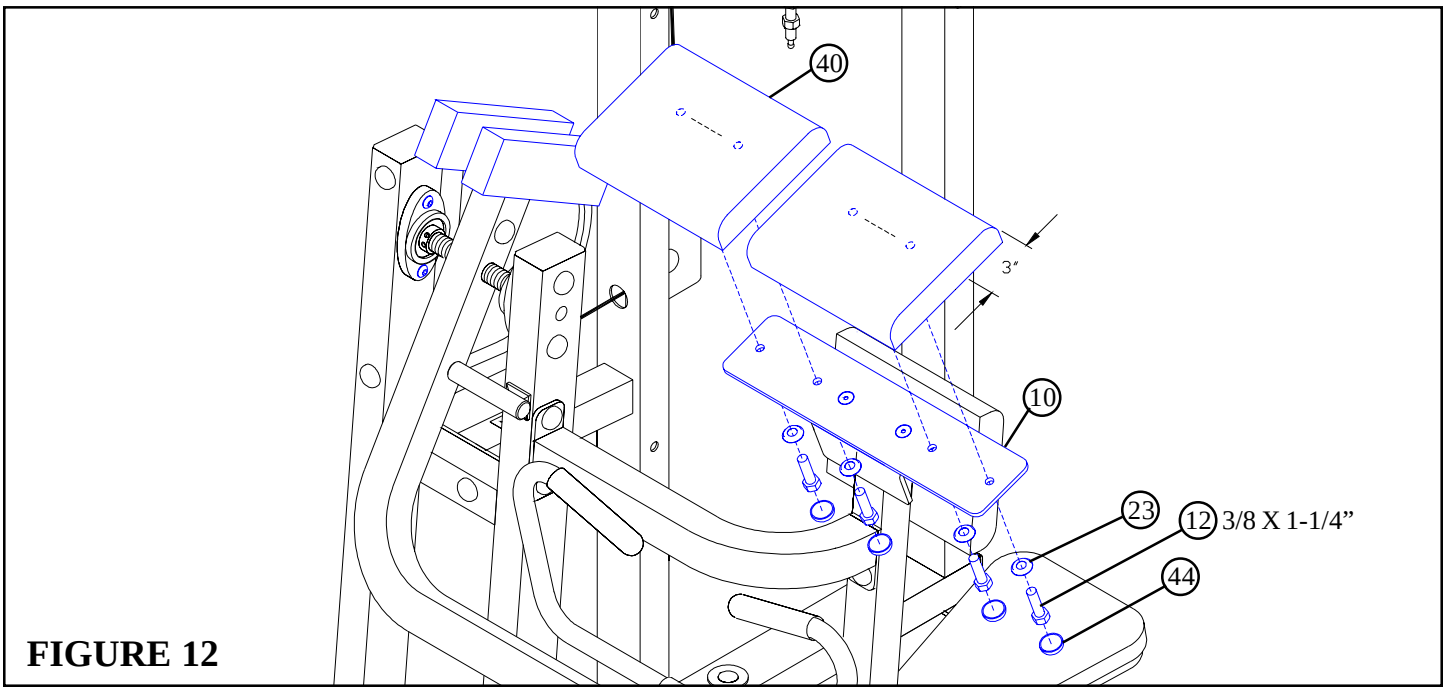
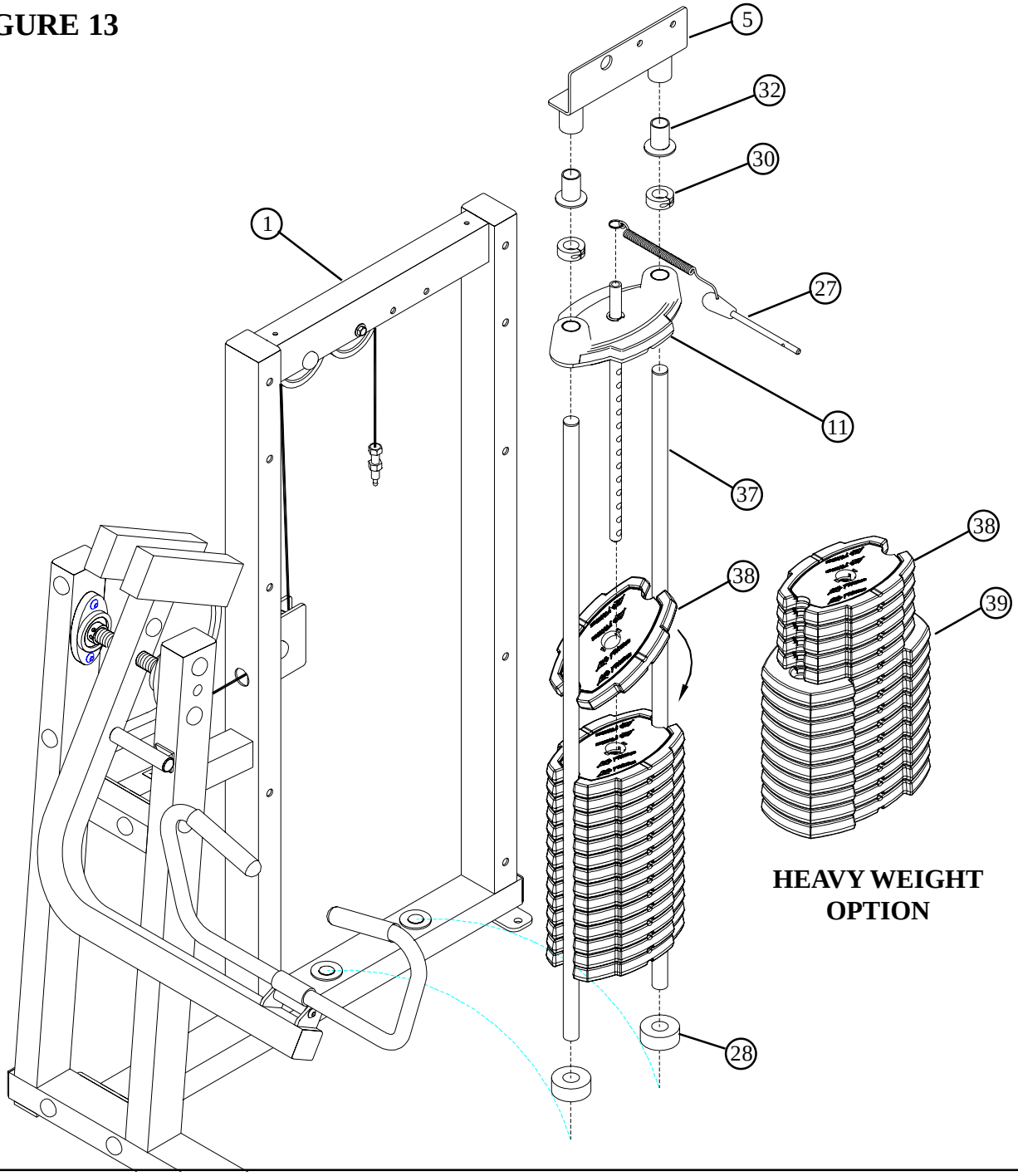


FIGURE 12

STEP 12:

- **SECURELY** assemble two CHEST/ARM PADS (40) to the 4 X 18” PLATE (10) using four RH CAPS (44), four 3/8 X 1-1/4” BOLTS (12) and four 3/8” RH WASHERS (23) as shown in FIGURE 12. **(Note the direction of the hole pattern on the pads.)**

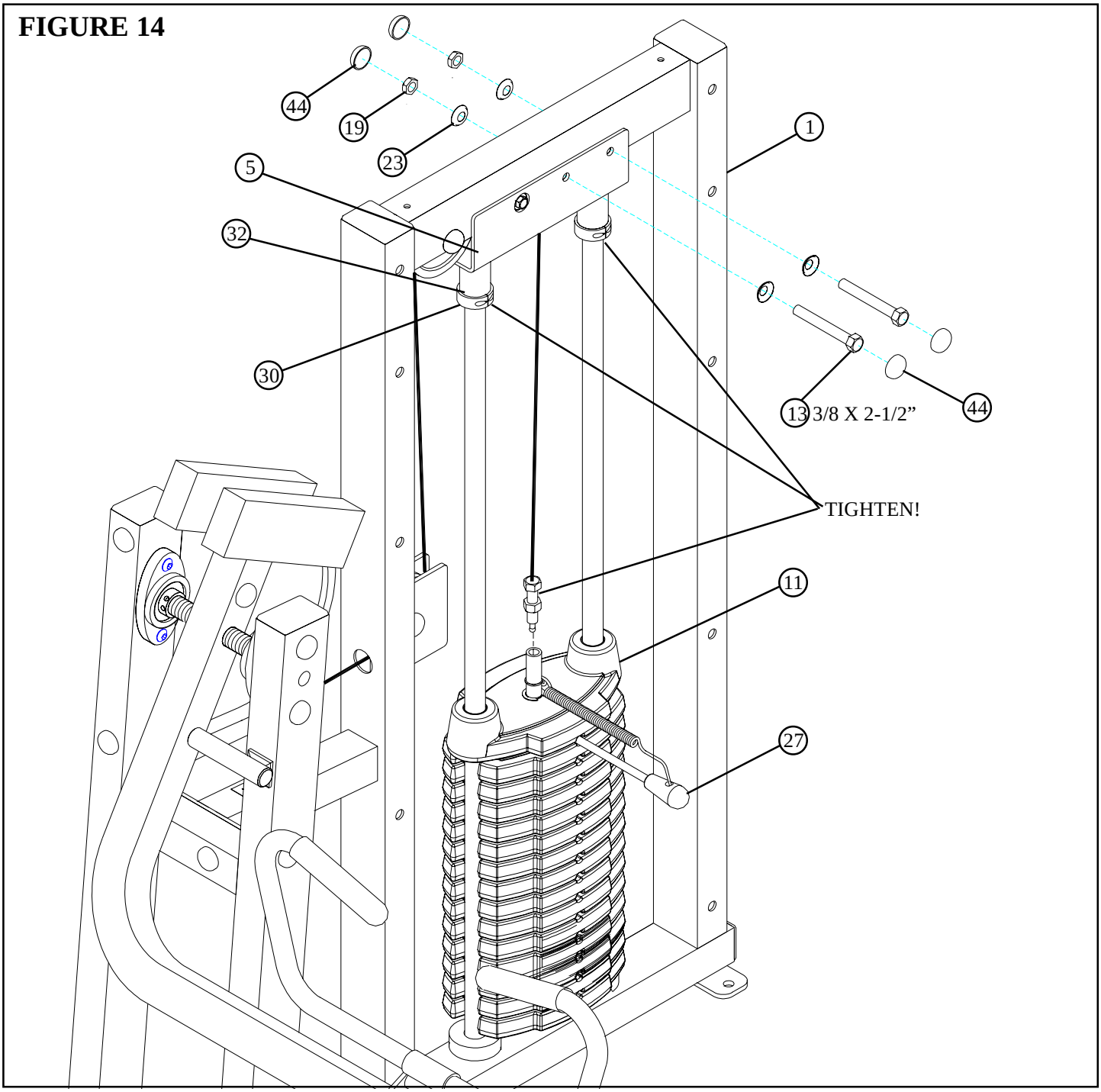
FIGURE 13



STEP 13:

- Insert the two GUIDE RODS (37) (found in SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 13. Lubricate the GUIDE RODS (37) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (28) down over the GUIDE RODS (37). See FIGURE 13.
- Using **EXTREME CARE** place fifteen 10 LB. WEIGHT PLATES (38) over the GUIDE RODS (37) as shown in FIGURE 13.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (39) over the GUIDE RODS (37) first, then slide five 10 LB. WEIGHT PLATES (38) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (11) down over the GUIDE RODS (37) onto the weight stack as shown in FIGURE 13.
- Slide one WEIGHT STACK SELECTOR PIN (27) over the shaft on the HEAD PLATE (11) as shown in FIGURE 13.
- Slide two 1" SHAFT COLLARS (30) over each GUIDE ROD (37) as shown in FIGURE 13.
- Slide two GUIDE ROD BUSHINGS (32) over each GUIDE ROD(37)
- Place the GUIDE ROD SUPPORT (5) over the GUIDE RODS (37) as shown in FIGURE 13.

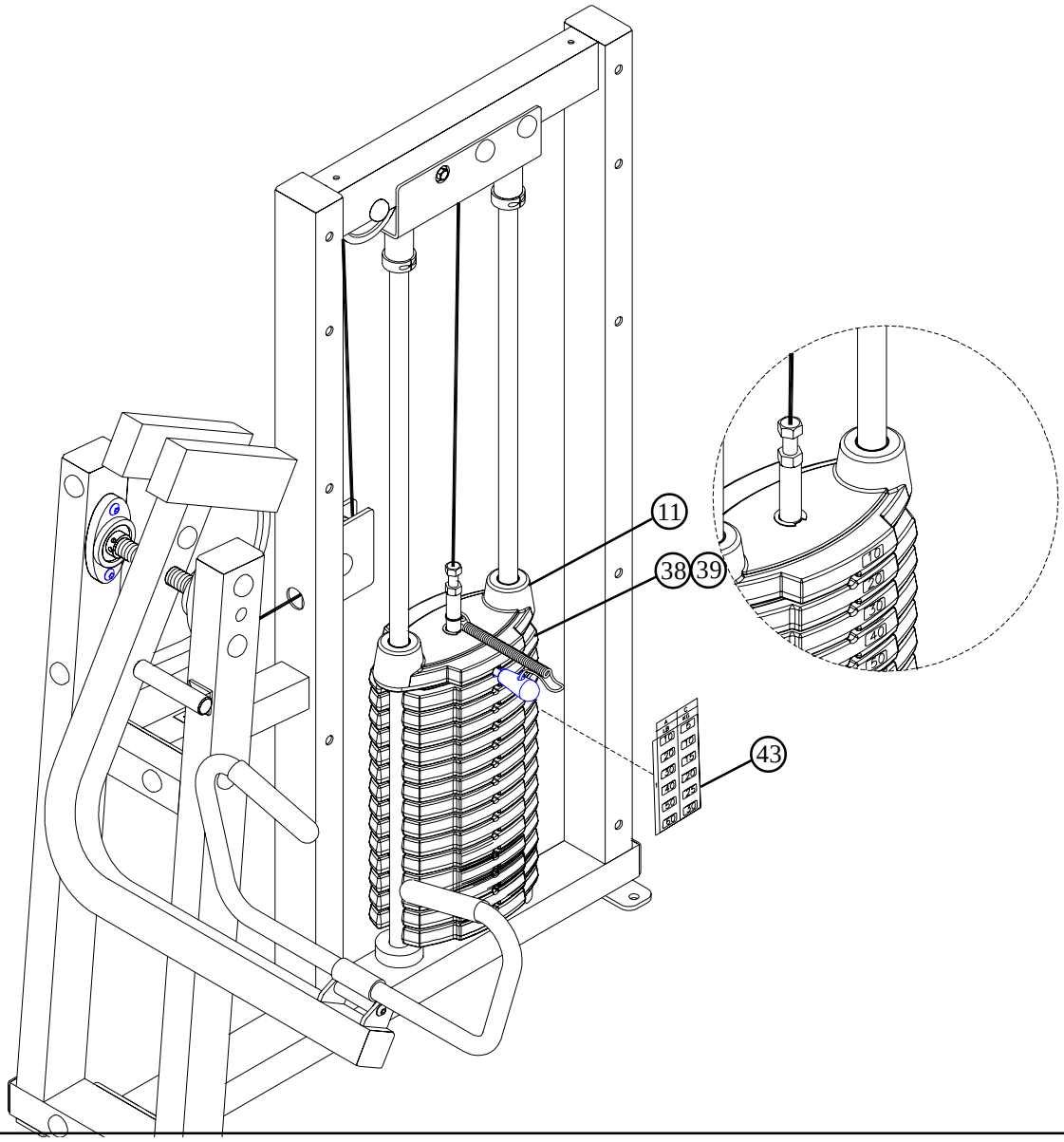
FIGURE 14



STEP 14:

- **SECURELY** assemble the GUIDE ROD SUPPORT (5) to the TOWER (1) using four RH CAPS (44), two 3/8 X 2-1/2” BOLTS (13), four 3/8” RH WASHERS (23) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 14. **(NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (5) before tightening.)**
- Slide GUIDE ROD BUSHINGS (32) into the tubes on the GUIDE ROD SUPPORT (5), slide 1” SHAFT COLLARS (30) underneath the GUIDE ROD BUSHINGS (32) and **SECURELY** tighten the set screws.
- Screw the treaded end of the CABLE approximately 1” into the end of the shaft on the HEAD PLATE (11) and tighten jam nut securely. See FIGURE 14.
- Insert the WEIGHT STACK PIN (27) into the WEIGHT STACK as shown in FIGURE 14.
- If the HEAD PLATE (11) does not sit on top of the first WEIGHT PLATE (38), push the head plate down, insert the SELECTOR PIN (27) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (11) from lifting up.
- If after completing previous step the HEAD PLATE (11) still does not sit on top of the first WEIGHT PLATE (38) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

FIGURE 15



STEP 15:

• The WEIGHT STACK LABEL sheet (43) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.

• Peel the backing off the WEIGHT STACK LABELS (43), line up sheet to the right of the selector opening and apply labels to the 10 lbs.WEIGHT PLATES (38) and/or 15lbs. WEIGHT PLATES (39) starting with the HEAD PLATE (11) as shown in FIGURE 15.

• **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

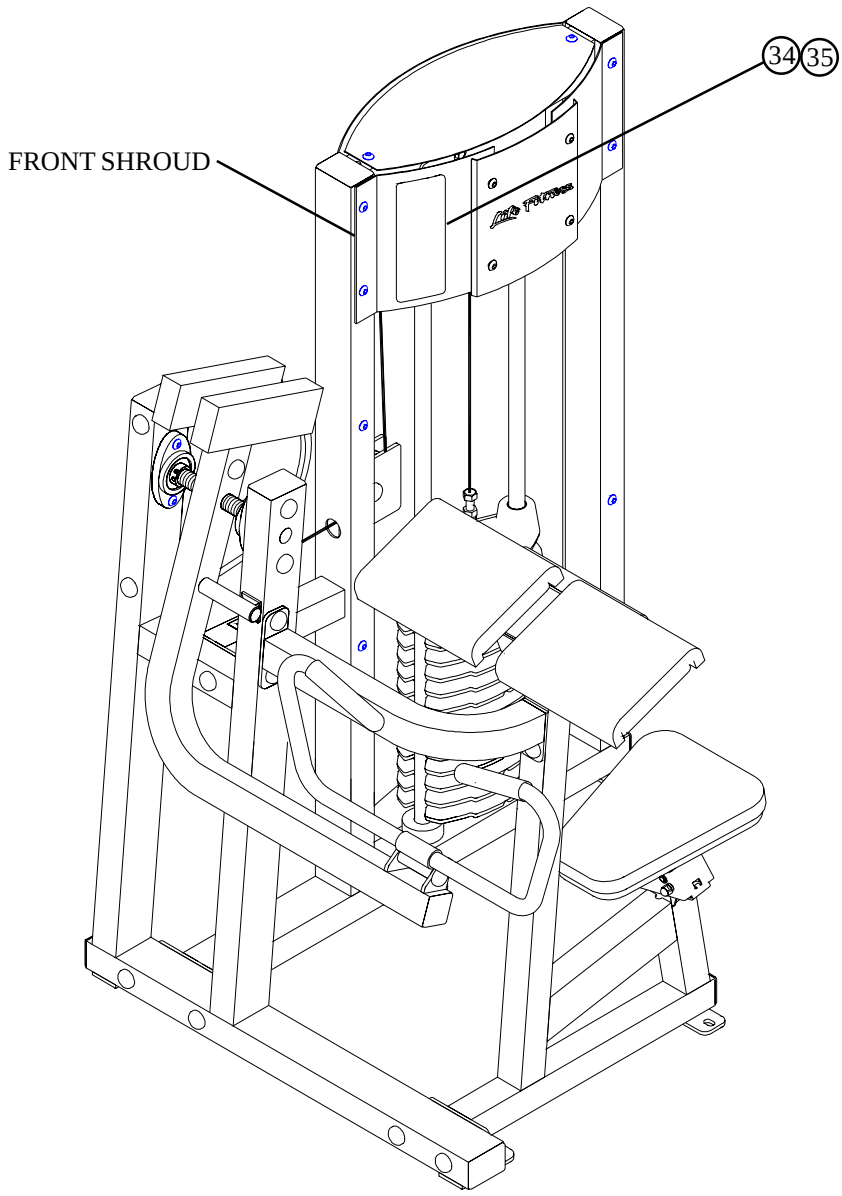


FIGURE 16

STEP 16:

- Assemble the PLACARD LABEL (34) or the FOREIGN LANGUAGE PLACARD LABEL (35) to the FRONT SHROUD as shown in FIGURE 16.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint purchased from your LifeFitness customer service representative at (800)328-9714.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES ARM CURL. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.